



Rockford High School

Paul Menard, Principal

Samantha Bloom, Counselor

Daniel Pratt, Activities Director

Jill Gordee, IB Coordinator

7600 County Road 50 | Rockford, MN 55373

Ph. 763-477-5846 | Fax 763-477-6123

www.rockford.k12.mn.us

Greetings RHS Families,

Winter has arrived! Our One Act Play, Winter Sports, Dance, Cheer, and other activities are in full swing. Keeping a close eye on weather reports, we also anticipate an impressive amount of snowfall in the near future. Please use this as a reminder for your students to walk carefully to and from school, drive cautiously, take extra time and precautions, use a few extra minutes to scrape and allow for the defroster to clear the windshield, and check road conditions. We want all of our students to arrive at school and home safely.

Students should take extra caution in the parking lot, taking time to look before turning, signaling into spots, and parking straight while allowing ample room for cars to park alongside them. Students are not to park in diagonal striped, yellow painted, or designated parent pick-up lines. Students may be towed or fined.

There have been more students using Homework Help to get caught up in classes or help with homework or projects. Please encourage your children to continue to take advantage of this free opportunity on Wednesdays from 3:00-4:15pm.

The school board voted to adjust student contact days as many districts around us have done for a variety of reasons. As a result, students will not be in session 12/22, 12/23, or 1/3. This would alter our daily schedule as follows:

Monday, December 20: Day 1 (Odd)
Tuesday, December 21: Day 2 (Even)
Tuesday, January 4: Day 1 (Odd)
Wednesday, January 5: Day 2 (Even)
Thursday, January 6: Day 1 (Odd)
Friday, January 7: Day 2 (Even)

Thank you for all you do in supporting our teachers, staff and students as we continue to engage in teaching and learning amidst the preparations for the holiday season.

Student Quote: "I'm proud of myself for getting all my assignments done this week, and I'm looking forward to [Winter] Break!" —Anna Herrera

Sincerely,
Paul Menard
Principal

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COVID MESSAGE FROM NURSE:

As we get back into the swing of things and spend more time together, there are going to be cases of COVID, especially with the Delta variant making its way through. In order to not inundate you with emails, we will not be sending a general notification letter to an entire grade level after every positive case of COVID. We will be alerting you if your child is a close contact of a positive case of COVID. *Please be vigilant in monitoring your child for symptoms and keep them home if any present.*

RAS E-LEARNING DAYS:

Please read this [attachment](#) so you and your children understand expectations and are prepared for unexpected inclement weather days. These e-learning days ensure that we can reach our instructional minutes as required by the State of Minnesota without having to add days to the end of our calendar year.

AROUND CLOUD TUTORS

Free, online tutoring for Rockford area students!

- 1-12 tutors are available Monday-Friday for one-on-one online sessions covering reading, math, science, social studies, English/Language arts and Spanish.
- Tutoring is available in several languages, including for students with special needs or those seeking post-secondary advising.
- Sign-up at AROUNDCLOUDTUTORS.ORG to be matched with a tutor for the semester or use our on-demand tutors to sign-up for a 30-minute session when you need it.



HOMEWORK HELP:

Homework Help is back for the 21/22 school year! Homework Help is each Wednesday from 3:00pm-4:15pm. This is a great opportunity for students to work on homework and get help from their teachers. Transportation will not be provided at this time and students will need to arrange for transportation at 4:15. Online Tutoring is also now available through [Around Cloud Tutors](#).

QUARANTINE HOMEWORK:

If your child must quarantine, we have drafted procedures to assist them in remaining current with their work. Please [click here](#) for more information.

COPING WITH KIDS WHO REFUSE TO GO TO SCHOOL:

If your child is anxious about going to school, or refusing to go to school at all, [read our tips and advice](#) on how you can support them and work with their school.

CHANGE TO CHILL:

You may feel stuck or unmotivated during the colder months of the year. Get out of this funk by practicing [mindful movement](#)! Mindful movement focuses on slowing down and taking time to hear or discover what we are thinking and feeling. Taking a minute to pause allows us to re energize and clear our mind. Whether you are looking to reduce anxiety, improve your athletic performance, or ignite gratitude, Change to Chill offers different poses and techniques to help us in our everyday lives.

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NYSTROM EXERCISE AND MENTAL HEALTH:

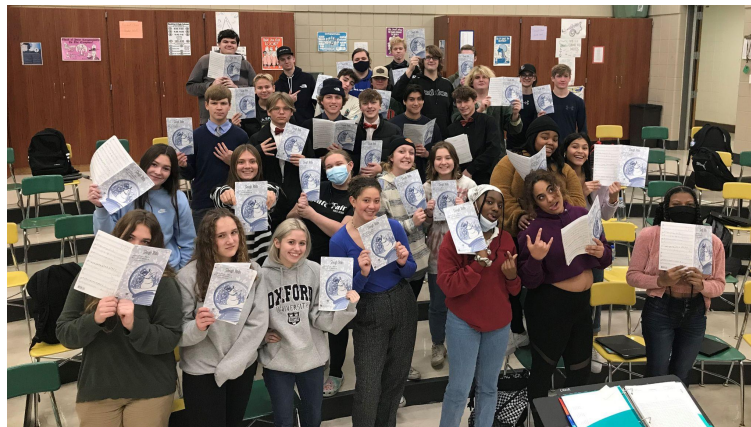
Here is the [monthly newsletter](#) from the School Based team at Nystrom and Associates.. This is a great resource for talking about and combating mental health!

EVERY MEAL WEEKEND FOOD PROGRAM:

The Every Meal weekend food program is back! This is different from the RAS lunch that is available for students on week days. The Every Meal Program is free for all families, there are no qualifications, and your privacy is protected. Families can enroll at ANY time throughout the school year. You are in the program once you fill out this [FORM \(English\)](#) or [FORM \(Spanish\)](#). Food bags will be available for pick up at your student's school on Thursday and Friday's. Contact Madison Holm at 612-567-0114 or at holmm@rockford.k12.mn.us with any questions.

RHS CHOIR CONCERT:

Mark your calendars! There will be a RHS Choir Concert on Monday December 13th @7:30 pm!



SOCIAL MEDIA CONTACT:

This is a great school, close-knit community, and we offer a world class IB program. I want so many people to know the wonderful things happening in and out of the classroom. I can no longer contain my excitement. Please consider following me on social media and look for the occasional boast post about our fantastic kids!

Instagram: [@MrPaulMenard883](#)

Twitter: [@MrPaulMenard883](#)

SCHOOL STORE:

The school store hours can be found [HERE](#) and will be posted at the school as well.

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FOOD SHELF MONEY DRIVE:

This is not an ISD 883 Sponsored Event

Support our local food shelf for the holidays by donating money directly to them through a link!!! No cash needed! Last year we raised over \$800 district wide. We are currently at \$200. Let's see if we can match last year!

1. Go to riverworksonline.org
2. Click on the DONATE tab in the upper right hand corner
3. Click on the DONATE ONLINE tab
4. Click on the FUND drop down menu
5. Select ROCKFORD SCHOOL THANKSGIVING FUND DRIVE

GRATITUDE GIFTS:

This is not an ISD 883 Sponsored Event

**Thank teachers or staff members with
Gratitude Gifts!**

- \$10, \$20, and \$50 donation options
- Delivered to the school on December 21st.
- All donations support the [Teacher Mini-Grant Program!](#)

Link to order:

<https://www.rockfordfoundation.org/gratitude-gifts/>

Deadline to order: **December 15 at Midnight**



GIVE KIDS A SMILE:

This is not an ISD 883 Sponsored Event

Lake Sarah Dental will be hosting our annual Give Kids a Smile Event on Friday, February 4 th , 2022 from 9 am -1 pm. Click [HERE](#) for more information.

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